



JUNE
2017

SENIOR
CITIZEN'S CLUB
NEWSLETTER



JUNE BIRTHDAY'S

Marlene Chavez	June 2
Margaret Egger	June 2
Nadine Liedke	June 8
Virginia Yahn	June 8
Mary Rich	June 10
Frank Dana	June 11
Charles Miner	June 11
Linda Buescher	June 12
Marlene Foes	June 14
Bernandine Lewis	June 16
Betty Scharf	June 19
Lou Blagg	June 20
Al Peltzer	June 20
Connie Cabrera	June 22
Sammy Kuhns	June 23
Violet Weingardt	June 23
JoAnn Stock	June 25
Bob Mullanix	June 26
Marlene Kiel	June 27
Orin Nicholson	June 29
Rosemary Steinbach	June 29
Mildred Fritzler	June 30

JUNE WEDDING ANNIVERSARIES

Frank & Kay Dana	June 11, 2011
Kenneth & Peggy Wylie	June 12, 1963

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAY'S
AND ANNIVERSARIES ON
June 30th @ 3:00 P.M.

June 2017

Mon	Tue	Wed	Thu	Fri
			1 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 7:00 p.m. Camera Club	2 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 7:00 p.m. Victory in Jesus Church
5 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Pinochle 1:00 p.m. Cards & Pool	6 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Quilting Class	7 9:15 a.m. Council on Aging 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	8 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	9 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 4:00 p.m. Sign-up deadline for Denver Museum Nature & Science
12 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	13 10:00 a.m. SilverSneakers® Classic 10:00 a.m. Foot Care Clinic 11:30-12:30 Meet & Eat 1:30 p.m. Quilting Class	14 9:00 am Departure for Denver Museum of Nature & Science 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	15 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 2:00 p.m. Movie Matinee Father of the Bride 7:00 p.m. Camera Club	16 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
19 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle 1:30 p.m. Legal Aid Clinic (by appt.)	20 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Las Amigas 1:30 p.m. Quilting Class	21 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 11:30 a.m. SilverSneakers® Quarterly B-day Luncheon 1:00 p.m. Cards & Pool	22 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	23 10:00 a.m. Qi Gong 11:00 Blood Pressure Clinic (free) 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
26 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	27 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Quilting Class 1:30 p.m. BUNCO	28 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	29 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat	30 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 3:00 p.m. Sr. Citizen's Club B-day & anniv Party

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

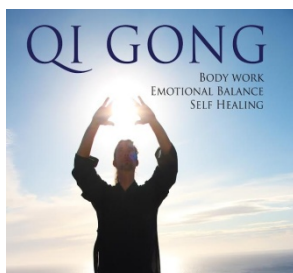


SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

Monday & Wednesday mornings at 10:00 a.m.

Some supplemental insurance will cover the expense of the class.
\$2.00 a class for those with no applicable insurance coverage.



Qi Gong

This group will be meeting for exercise class led by DVD instruction on Friday mornings at 10:00 a.m. Stretches to clear stress and tension, acupressure to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health.

Please come and join us, this class is free.

SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility.

\$2.00 for those without eligible insurance.

Tuesday and Thursday mornings at 10:00 a.m.

Please come and join us.



Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain **ACTIVE while AGING.**



Join the **SENIOR CITIZEN'S CLUB**
For Pinochle and Pool on
Mondays, Wednesdays, and Fridays
1:00-4:30
Snack break at 3:00 so bring your quarters



QUILTING CLASSES FOR ANYONE INTERESTED
NO EXPERIENCE OR SEWING MACHINE REQUIRED.
TUESDAYS AFTERNOONS 1:30 P.M.
QUESTIONS CALL KATHY CAMPBELL AT (970) 371-2143



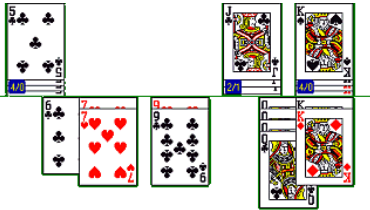
LEGAL AID DAY

3rd MONDAY OF EACH MONTH

1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with anyone who might need legal advice or assistance who cannot otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 4:00 p. Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost



**VIKINGS
BEYOND THE LEGEND
WEDNESDAY, JUNE 14TH**

Denver Museum of Nature & Science

Cost for admission is \$21.00, estimated cost of transportation for a bus of 25 is \$24.00 and
Lunch is on your own

SIGN-UP DEADLINE IS FRIDAY, JUNE 9TH

If you cancel after the deadline you are still responsible for the cost of the trip or finding a replacement.



MOVIE MATINEE

**This month's feature movie is
*"Father of the Bride"***

**Starring Spencer Tracy and
Elizabeth Taylor**

Thurs, June 15th at 2:00 p.m.

OVERLAND TRAIL BUS LINES
KAILEY SPRING GARDEN TOUR
SATURDAY, JUNE 10TH

Cost for the trip and lunch at the beautiful home of
Derk and Cassie Kailey is \$18.00.

Call Myron and Carol at 522-1421
to make your reservation.

June 2017

Mon	Tue	Wed	Thu	Fri
			1 Pot Roast w/ Vegetables Confetti Coleslaw Anna's Dilly Bread Peach Slices	2 Beef O'le Refried Beans Mexicali Corn Fruit Cup
5 Brunswick Stew Green Beans w/ Tomatoes Roll Orange Wedges	6 Beef Goulash Mixed Vegetables Roll Cinnamon Apple Slices	7 Spanish Rice w/ Ground Beef Tossed Salad w/ Salad Dressing Roll Peach Slices	8 Hamburger Steak Potatoes Parslied Carrots Whole Wheat Roll Tropical Fruit Cup	9 Tuna Salad Three Bean Salad French Bread Mandarin Oranges w/ Bananas Cherry Cake
12 BBQ Chicken Rotini Pasta Salad Spinach Apple Muffin Apricot Halves	13 Cabbage Burgers Cobbler Corn Bean Medley Salad Banana Split Fruit Cup Chocolate Cake	14 BBQ Beef Sandwich Brussel Sprouts Potato Salad Peach Polka Dot Salad Nature Cookie	15 Salmon Biscuit Perfection Salad Mixed Vegetables Mandarin Oranges & Bananas	16 Sweet & Sour Chicken Rice Oriental Vegetables Whole Wheat Roll Fruit Cup
19 Southern Beef Pie Bean Medley Cinnamon Apple Slices Nature Cookie	20 Ham Potato Omelet Green Beans Almondine Roll Sunshine Salad Cookie w/ Raisins	21 Tune Penne Casserole Country Mix Vegetables Bran Muffin Mandarin Oranges & Bananas Cookie	22 Liver & Onions Scalloped Potatoes Braised Celery & Tomatoes Whole Wheat Roll Applesauce	23 Swedish Meatballs Noodles Frito Salad Roll Pear Orange Fruit Cup
26 Corn Taco Casserole Refried Beans Tossed Salad w/ Salad Dressing Cantaloupe Cubes	27 Baked Fish Mashed Potatoes/Gravy Tossed Salad/Dressing Green Beans w/ Bacon & Onions Bran Muffin Peach Slices	28 Roast Beef Mashed Potatoes & Gravy Almond Broccoli Roll Tropical Fruit Cup Cookie w/ Raisins	29 Hamburger on a Bun Oven Browned Potatoes Lettuce/Tomato/Onion/Pickles Green Beans Orange Wedges	30 Spring Garden Chicken Asparagus Apple Muffin Oregon Berry Compote

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



June 3rd

June 10th

June 17th

June 24th

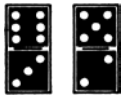
FM Country

Joe Judd

Jim Ehrlich

Classic Country

Anyone interested in forming a Heritage Center Book Club



Dominoes Group or



Mah Jong.

Let Cynthia know at 522-1237.



Just a reminder of the services we offer here at the Heritage Center every month. The Foot Care Clinic offered on the 2nd Tuesday of each month at 10:00 a.m. allows you to have your toenails trimmed, and a physical exam by a R.N./L.P.N. from one of our fine Home Health Agencies. Suggested donations of \$5-10, soak your feet before you come and bring a towel. No appointment necessary.

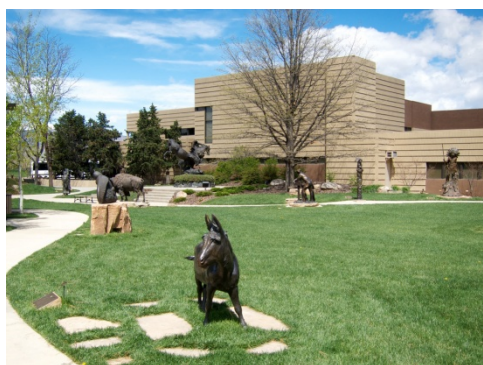
AGE WELL EASTERN COLORADO CONFERENCE

Thursday, October 5th and Friday, October 6th

Fort Morgan, CO

Registration Due by September 15, 2017

More information available at the Heritage Center or
call Karen Ness 522-1970.



The Leaning Tree Cards Art Museum will be closing its doors after 40 years. Join the Heritage Center as we tour this wonderful Museum of Western Art in Boulder. We will have a delightful lunch at a local venue and then spend the afternoon at the museum and gift shop.

Friday, July 14th

Sign-up deadline is Wednesday, July 5th.



The 2nd Quarter Birthday Luncheon & Celebration for all of our
SilverSneakers® Friends will be held

Wednesday, June 21st.

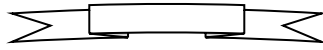
11:30 a.m.

Guest of honor will be friends with birthdays in the months of March, April,
and May. Please let Cynthia know you will be attending so there is enough
food for everyone.

KNOW YOUR HERITAGE CENTER

Cynthia Mills, Coordinator

Julie Boren, Custodian

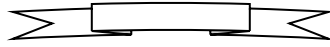


Karen Ness, Area Agency on Aging

Veronica Schiwart, Meet & Eat Head Cook

Shannon Ward, Meet & Eat Assistant Cook

Miller Kelley, Dance Manager



Ron McCoy, Sr. Citizen's Club President

Carol Dillenburg, Sr. Citizen's Club Vice President

Pat Vedsted, Sr. Citizen's Club Secretary

Clara Wilterdink, Sr. Citizen's Club Treasurer

Betty Scharf, Sr. Citizen's Club Historian

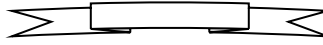
Rose Bahr, Sr. Citizen's Club Board Member

Joyce Lybarger, Sr. Citizen's Club Board Member

Paulette McCoy, Sr. Citizen's Club Board Member

Marlene Moyer, Sr. Citizen's Club Board Member

Carol Pershing, Sr. Citizen's Club Board Member



Betty Scharf, Council on Aging President

Elda Lousberg, Council on Aging Vice President

Barbara Malaby, Council on Aging Secretary

Miller Kelley, Council on Aging Treasurer

Marge Bowin, Council on Aging Board Members

Melba Hastings, Council on Aging Board Member

Eleanor Eberhardt, Council on Aging Board Member

Carolyn Fehringer, Council on Aging Board Member

Clara Wilterdink, Board Member